

## THE VALUE OF OKRA

AN IMPORTANT FOOD PLANT THAT IS MUCH NEGLECTED.

**Its Nutritive Properties Are Very High and It Is Particularly Beneficial in Cases of Chronic Indigestion—Some Simple Recipes.**

Okra is a very important and useful plant, with numerous uses, the most important being for the table. The green pods without doubt make the finest soup vegetable supplied by the garden. Cooked whole they also furnish a palatable side dish. The nutritive properties of okra are very high, and it has the additional advantage of being an exceedingly wholesome article of food. It is erroneously called gumbo in many cook books and even in some encyclopedias. The name of the plant and its fruit is okra. Gumbo is a general term for various kinds of soup made of it. Okra, in fact, is an excellent food much neglected.

A very important consideration from the alimentary point of view is the unusually high percentage of digestible matter. That fact had been established by common experience long before any analysis of the pod had been thought of, for wherever the vegetable is in use it is well known that the soup is highly beneficial to persons with weak stomachs. Often it will be retained when nothing else can be taken, and it has in many cases restored tone to digestive organs that seemed hopelessly disordered. It is a particularly beneficial food in cases of dysentery and chronic indigestion.

The dried seeds, parched and ground, are said to make an acceptable substitute for coffee. A substitute for arrowroot can be made from the roots. The leaves, green or dry, are used, decocted, for their demulcent properties. The inner bark, soft and white, contains a strong fiber resembling flax. The outer bark is also fibrous and, together with the woody part of the plant, furnishes excellent paper stock. As okra is easily raised, it can be cultivated with profit.

For table use the pods must be cut while tender, generally when about three inches long. They grow rapidly and soon become woody. The plant is very prolific, and it will continue to bear until touched by frost. A small patch will more than meet the requirements of an ordinary family, and the surplus may be preserved for winter use by two convenient methods. The easier is by drying. Slice the pod, crossways, into sections a quarter of an inch thick, spread thin on large dishes or trays and expose to the sun from day to day until thoroughly dried. Put in jars or close cans and keep free from moisture. The other method of preservation is by canning, which will be explained later on. The plant is foliaceous and ornamental enough for the flower garden. The leaves are large and palmately lobed, and the blossoms, which in form resemble those of the hollyhock, are at first a brilliant gold, with a purple disk. After the first day the gold also takes a purplish hue.

Here are some of the best recipes for cooking okra: Okra soup—Take a piece of beef or a marrow bone, put on in cold water and boil until cooked. Slice one quart of okra pods crossways into thin sections and add, with enough strained ripe tomatoes to give the soup a rich color. Continue to boil until the okra is thoroughly cooked, which will take about fifteen minutes. A green pepper, from which the seeds have been removed, sliced and added, will improve the flavor. The various gumbos, chicken, fish or crab, are made in the same manner.

An excellent soup can be made without meat by boiling the okra, sliced as above, and adding when cooked a good sized piece of butter. Other vegetables, such as carrots, onions and celery, may also be used, but lovers of okra prefer it straight. Soup made as above will keep in a cool place for several days and improve with age.

A savory dish for lunch or dinner is made in the following manner: Butter a pudding dish, put in a layer of cooked or half cooked rice, a layer of sliced okra, a layer of ripe sliced tomatoes, butter, pepper, salt and a little sugar if the acid of the tomatoes be objectionable; repeat the layers until the dish is filled; grate bread crumbs on top, with pieces of butter; pour in as much boiling water as the dish will hold; bake long enough to cook; serve hot.

Okra also makes a palatable vegetable dish, but in this form it is not always acceptable on first acquaintance. Its substance is viscous, and for that reason probably does not at once captivate the taste. Put the pods, whole, into boiling water, with salt; boil about fifteen minutes or until cooked; pour off the water, place in a hot dish, add pepper and plenty of good butter; serve hot. Cooked in this way, treated with good vinegar and served cold, it makes a good salad.

Any housewife can do her own canning of okra. Slice and boil the okra until two-thirds cooked; put in a hot jar, fill full, seal tight and place in a dark closet; if desired, add strained tomatoes and boil until the okra is

thoroughly cooked, but be careful in either case to omit salt; put up in jars as above. By following this method okra soup may be had throughout the winter.

In the south the taste for okra is universal, possibly an inheritance. Elsewhere it may, like that for the olive, have to be cultivated. But the taste does not require much cultivation, and, once acquired, it is a permanent possession.—New York Herald.

### A LIVING NET.

**Peculiar Method of Fishing Used by Natives of Oceania.**

A peculiar method of fishing is indulged in by the natives of Tetulia, one of the islands of Oceania. At a given signal the inhabitants of the village assemble on the seashore to the number of about 200 persons, each of whom carries a branch of cocoa palm. With these in their hands they plunge into the water, and at a certain distance from the shore turn toward it, forming a compact half circle, each one holding his palm branch perpendicularly in the water, and thus forming a sieve.

The leader of the party then gives a signal, and this living net approaches the shore gradually in perfect order, driving before it a multitude of fishes. Surrounded by this living wall and entangled in the cocoa palm branches many of the fishes are cast on the sand by the waves, while others are killed with sticks. After being cooked over hot coals the fish are served with bananas and coconut milk.

The scene as described by a Frenchman who visited the island was interesting and picturesque in the extreme, the effect being immensely heightened by the appearance of the natives, whose costume consists of a short tunic of seaweed or leaves. Their hair is powdered with chalk, while the warriors are distinguished by the hair being powdered red. Wreaths of gardenias or red hibiscus are worn on their heads, also round their necks.

### AN EXPERT ON LYING.

**He Was Allowed to Testify in Court and Won the Case.**

A Kansas City lawyer tells of the use of expert testimony on lying. He says:

"I was prosecuting attorney for Finney county in 1881, and had a fellow up before Squire N. C. Jones on the charge of horse stealing. He hired Mike Sutton to defend him, and when the case was called I proved beyond question by a witness who witnessed the theft that we had the right man. After the prosecution had rested Sutton introduced 'Buffalo' Jones as a witness and gravely informed the court that he intended to prove by him that my witness had lied. 'Buffalo' took the stand and swore that, while he had never seen or heard of the witness before and knew nothing at all about the crime committed, he had had a great deal of experience with men and could tell pretty certain when they were lying. Then he proceeded to tell how men acted when they were lying, and gave the expert opinion that my witness had sworn to lies from the word go. I protested against such performances, but Sutton made the judge believe he had as much right to introduce an expert on liars as he would have to introduce an expert on medicine or any other science, and the result was the thief was dismissed from custody."

### A Russian Bear Story.

Here is an odd hunting tale from Russia: A certain count was out for bears and, tracking a dam and cubs, shot one of the latter, had it slung into his sleigh and drove for home, about fifty miles distant. Immediately after his arrival his gamekeeper announced that a huge bear had scaled the wall of the park. The count went out and shot it—the dam of the cub which he had killed and brought home! The faithful creature had followed her dead offspring those fifty miles at the same pace as relays of post horses and arrived in time to share the fate of her cub and to have a monument erected where she fell.

### Mercury and the Sun.

The distance of Mercury from the sun varies owing to the eccentricity of its orbit. When he is nearest to the sun he receives ten and a half times more light and heat than we do, but when he removes to his greatest distance the light and heat are reduced by more than one-half. Even then, however, the sun blazes in the skies of Mercury with a disk four and a half times larger than that which he shows to us on earth.

### O Other Nights.

Mr. Goodthing—How does your sister like the engagement ring I gave her Bobby? Her Young Brother—Well, it's a little too small. She has an awful hard time getting it off when the other fellows call—Exchange.

### Corroboration.

Mrs. Bjfson—My husband is really the neatest man I ever saw! Mr. Bangs—I should say he was! You ought to see the way he cleaned me up!—Detroit Free Press.

## ELEPHANTS LUMBERING.

**They Were Not Only Doing Man's Work, but Doing It Man's Way.**

The elephants round us were dragging the logs to the mill to be sawed. They were harnessed for this with a broad breast band and heavy chains. A native looped the chains round the logs, and the elephant started off with them and deposited them on the trolley. Others were picking up the sawed planks with their trunks and carrying them across the yard to be piled.

A mahout sat on the neck of every elephant, and if the animal picked up too small a plank the mahout would hint, with his iron spike, that two might go to that load. Then, grunting, the elephant would pick up the second with infinite delicacy of balance, turn, march over and deposit them beside the pile, always returning for another load so long as there were any planks ready. When there were none he would take his ease in the sun and wait, or perhaps there were heavy logs to be pushed from one place to another, and if pushing would do, with his trunk curled against the log, no elephant would give himself the trouble of picking it up any more than a housemaid will pick up a chair on casters.

More fascinating it was than I can tell to see the jungle patriarch kneel down to a heavy log, twist his trunk round it, place it on the top of the pile and then calculate its position and push and pull until it was square in its place. The oddest because the most reasonable thing was to see the elephant, pushing against the end of a very heavy log, stretch out one hind leg to give himself balance and purchase. That seemed to bring him somehow very near to us. He was not only doing our work, but he was doing it in our way.

Presently, with one accord, all the elephants dropped work and moved in the direction of the sheds.

"That means it's 11 o'clock," said the foreman; "dinner hour. Not for himself could we get them to do a stroke of work from now till 3. It's their off time. At 3 they begin again and work till dusk, and they start about 6 in the morning, but they don't understand overtime."—Pall Mall Gazette.

### "HERE IS THE TRAIL."

**Signs Used by Indian Tribes and White Hunters.**

First among the trail signs that are used by Indians and white hunters and most likely to be of use to the traveler, says a writer in Country Life in America, are ax blades on tree trunks. These may vary greatly with locality, but there is one every where in use with scarcely any variation. This is simply the white spot nicked off by knife or ax and meaning, "Here is the trail."

The Ojibways and other woodland tribes use twigs for a great many signs. The hanging broken twig, like the simple blaze, means, "This is the trail." The twig clean broken off and laid on the ground across the line of march means, "Break from your straight course and go in the line of the butt end," and when an especial warning is meant the butt is pointed toward the one following the trail and raised somewhat in a forked twig. If the butt of the twig were raised and pointing to the left it would mean, "Look out, camp," or "Ourselves or the enemy or the game we have killed is out that way."

The old buffalo hunters had an established signal that is yet used by mountain guides. It is as follows:

Two shots in rapid succession, an interval of five seconds by the watch, then one shot, means, "Where are you?" The answer, given at once and exactly the same, means, "Here I am. What do you want?" The reply to this may be one shot, which means, "All right; I only wanted to know where you were." But if the reply repeats the first it means, "I am in serious trouble. Come as fast as you can."

### The Baby Beetle's Cradle.

If at almost any time of the year we walk through the woods where the red, scarlet, black or pin oaks are growing—that is, where we find those that ripen their acorns in two seasons and therefore belong to the pin oak group—we shall probably find on the ground fallen branches that vary in size from that of a lead pencil to that of one's thumb or even larger. These at the broken end appear as if cut away within the wood, so that only a thin portion is left under the bark. Within the rather uneven cut, generally near the center of the growth, is a small hole tightly plugged by the "powder post" of a beetle larva. Split open the branch or twig, when a burrow will be seen, and the little, white, soft, hard jawed larva that made it will be found or perhaps the inactive pupa.

### Their Deceit.

Grayce—What are you crying about? Gladys—My new hat isn't becoming. All the girls—Grayce—Say it isn't? Gladys—No. Boo-hoo. They say it is!—Louisville Courier-Journal.

The confidant of my vices is my master though he wore my valet.—Goethe.

### An Amended Quotation.

Miss Ida Tarbell's first journalistic experience was as editor of the Chattanooga. Her predecessor on the journal, once editor of the Oil City Derrick, had established the custom of heading with a quotation the column in which he made brief mention of the news of the day. Miss Tarbell followed his habit and bent her mind to the task of supplying suitable quotations. Once upon a time she set down, as plain as pen could set it:

"The meek eyed morn appears, mother of dew."

Then she went home, pardonably proud of knowing her Thomson so well, and at the head of the column next day she read:

"The weak eyed worm appears."—Washington Post.

### A Lack of Firmness.

A very matter of fact Scotchman called to see a neighbor, an old Irishwoman, who had been ailing for some time, when the following conversation took place at the door:

"And how do you find yourself today, Bridget?"

"Sure, your honor, I'm mighty bad. This shocking weather'll be the end of me. I'll be a dead woman before long."

"Hoots, toots, woman! Ye've been saying that for the last twenty years! I'll tell ye what it is—ye want firmness o' mind. Fin' a day for yer deeding and stick ta it!"

### When Hats Were Unknown.

In ancient days hats were unknown, men having hoods attached to their outer garments, which they wore or discarded at pleasure. Stow, the old historian, says that nobody wore anything else except the lord mayor of London, who sometimes donned a hat on state occasions. In the reign of King Henry VII., he says, the citizens began to wear "flat caps knit of woolen yarn, black, but so light that they were obliged to tie them under their chins, for else the wind would be master over them."

Pay as you go and quit going so much.—Dallas (Tex.) News.

## First Aid to the Doctor.

The Doctor first, of course, in sickness or injury, but a drug store capable of supplying him with drugs, medicines and sick room goods is also a prime requisite. You never need this drug store more than when serious sickness comes—the more critical the illness the greater the need. The doctor first, the prescription to us, we do the rest.

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Will add Mangrove, Oak and Spruce later on.  
Wood Yard back of carpenter shop and lumber yard. Leave orders at residence, wood yard or by mail. Prompt delivery within one mile at above prices.  
H. B. Paxton.

### NOTICE OF ADMINISTRATOR.

All persons concerned will take notice that six months after date I will present my final accounts as Administrator of the Estate of Julius Tyler, late of Brevard county, deceased, to the County Judge of St. Lucie County, Fla., Hon. J. E. Andrews, and pray for my final discharge as Administrator of said estate.

(Signed,) F. M. TYLER,  
Administrator of the Estate of Julius Tyler, deceased.  
Dated, Fort Pierce, St. Lucie County, Fla., July 21st, 1905.

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